

Ideas & Activities

Mental Health Awareness Week



10 - 16 May

In support of this year's nature-themed campaign, we have collated physical activity ideas, opportunities and activities for schools.

Both being **physically active** and spending time in nature can help to reduce stress and anxiety, and increase confidence and creativity.

They are also great for boosting **motivation and mood**, so getting active whilst also connecting with nature can amplify the benefits.

We encourage schools to explore these resources as part of your **whole school approach** to active wellbeing, that is focused on developing happier, more resilient and socially confident children and young people, as well as empowered and **supported staff**.

Whilst there are ideas to discover for each day of the campaign, we hope that these suggestions will provide a **springboard for plans** and conversations, both within your school and with other organisations which reflect the role that physical activity can play.

We welcome the opportunity to discuss these and other ideas with you and would be happy to link you to partners and providers to **support delivery** of activities for your school community.

Get in touch with us at kentschoolgames@kent.gov.uk.

Look out for more inspiration throughout the week by following [@KentSchoolGames](https://twitter.com/KentSchoolGames) on Twitter and share photos and videos with us using the tags **#MentalHealthAwarenessWeek** **#KentMentalHealthAwarenessWeek**

We are grateful to the NELFT **Emotional Wellbeing Teams** (Kent) and **Mental Health Support Teams** (Medway) for their support and advice in bringing you this guide.



Let us know what you think of this guide, and share your activities and ideas. Get in touch at kentschoolgames@kent.gov.uk.

Secondary Resources

Mental Health Awareness Week

10 - 16 May



Being active in nature can reduce stress and anxiety, and increase confidence and creativity. Try these ideas for Secondary Schools.

Move It Monday



Developed by The Daily Mile, [Fit For Life](#) encourages pupils to take part in 15 minutes of self-paced activity, and come back feeling refreshed, happier and ready to learn. Especially useful at [times of pressure](#).

Talk It Out Tuesday



[Find Your Feet](#) is about change and transition. Pupils will learn about coping with change, and recognise the skills they have to deal with and prepare for other challenges, including those built through hobbies and activities.

Walking Wednesday



Kent County Council's [Youth Travel Ambassador](#) programme provides students with the knowledge and confidence to practise and promote safe travel within their school community, through activity, engagement and empowerment.

Top Tips Thursday

Targeted [school-club links](#) for less active students have shown a positive impact on confidence, wellbeing and development. Clubs with trained [mental health champions](#) can support students experiencing difficulties.

Feel Good Friday



[Well Schools](#) aims to help improve education by placing wellbeing at its very heart. Join the forum to connect with colleagues, share resources and support each other. Find gems like this [chance to win](#) copies of [The Happy Newspaper](#).

Strolling Saturday



Young people taking part in this [Junior Walking Challenge](#) can choose either a 5k, 7.5k or 10k walk. Link it to this [Urban Nature Challenge](#) from Groundwork, designed to build pupil resilience, wellbeing and connection to nature.

Supportive Sunday [Find out about local services](#) and support for children and young people's mental health and wellbeing.



Staff Resources

Mental Health Awareness Week



10 - 16 May

Being active in nature can reduce stress and anxiety, whilst boosting motivation and mood. Try these ideas for all school staff.

Move It Monday



Log every step you make this week. Whether it's your daily commute, a lunchtime walk, or an evening stroll with the family. Move more, log your activities, then pause and take in your surroundings.

Talk It Out Tuesday



Wellbeing for Education Return workshops help staff to respond to pressures and develop tools to build resilience. Exercise can provide a break from work and help us to think, plan and work more efficiently.

Walking Wednesday



Take a look at our interactive Everyday Active website for inspiration and information about all kinds of activities. Trim Trails are routes around country parks which incorporate free fitness equipment.

Top Tips Thursday



Find out how Thamesview School have used a staff wellbeing group to focus on mental, physical and social wellbeing as part of a positive working environment. Initiatives include mindfulness, football and 'lunch & learn'.

Feel Good Friday



Did you manage to move more this week? How did it make you feel? If you enjoyed this challenge, why not sign up to the Everyday Active Walking Challenge. Try using a mood tracking app to discover the difference you are making.

Strolling Saturday



Take a look at the Explore Kent website for information and inspiration on walking and cycling routes around Kent as well as some great ideas for days out. Get out and Explore Kent - a great way to connect with nature.

Supportive Sunday Find local services and sources of support for yourself and others, including self-help and referral services.

